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PAGE 13



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Tuesday, November 27, 2012



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K-Days Now Playing

New branding and logo. Northlands president and CEO invites Edmontonians to make fair their own



LAURIE CALLESEN
laurie.callsen@metronews.ca

After thousands of people voted to rename the Northlands summer fair K-Days, the new branding and logo was unveiled Monday.

The fair's new branding — K-Days Now Playing — was launched to media, stakeholders and students Monday, and Northlands president and CEO Richard Andersen invited Edmontonians to make K-Days their own.

While the fair will look back on its roots as Klondike Days, Andersen said that future fairs will have yearly themes that will see several new features introduced while maintaining old favourites, where 80 per cent of the content will be consistent over the years and about 20 will be changed up year after year to keep things fresh.

He said stakeholders, members of the business community and residents

Quoted

"K-Days stands for whatever you want it to. That's really what's exciting about it — it gives people the opportunity to determine how it fits."

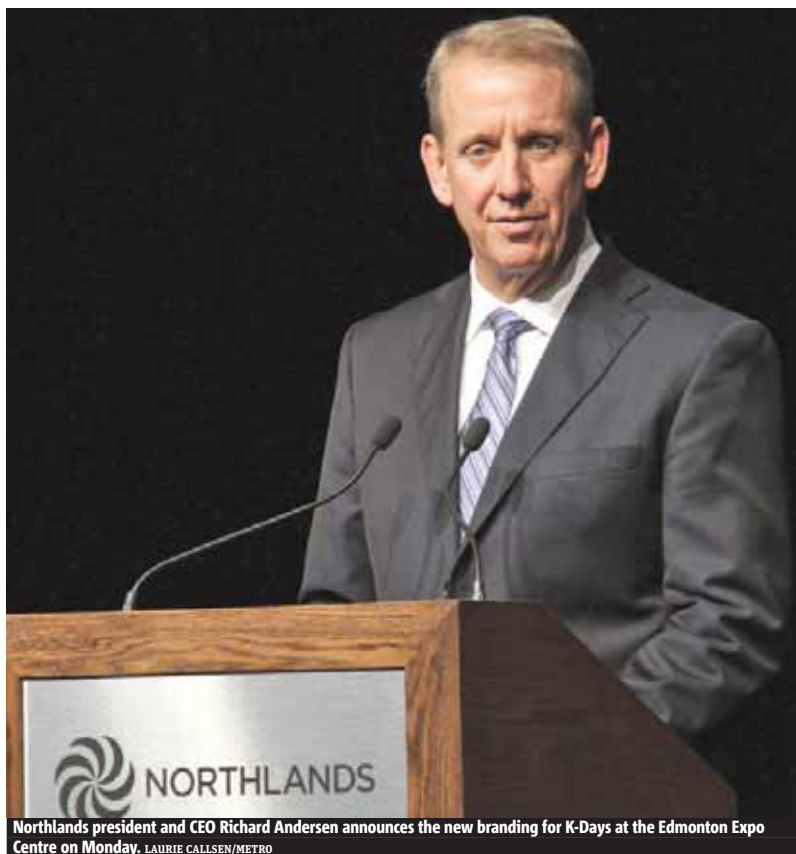
Northlands president and CEO Richard Andersen at the official unveiling of the Northlands summer fair, K-Days Now Playing

helped drive the rebranding. "You want to move forward with new energy and great vigour while still honouring these past memories that are so important in staying true to our roots. However, it's also clear that you see K-Days as more than a name. It's about the emotional connection that comes with great memories and great experiences," Andersen said.

Northlands also launched a smartphone app, called The Northlands Events App, to help patrons and visitors at Northlands events interact with the organization.

The app includes built-in Twitter feeds, event listings, directions, parking, deals and guest services.

K-Days 2013 takes place July 19 to 28.



Northlands president and CEO Richard Andersen announces the new branding for K-Days at the Edmonton Expo Centre on Monday. LAURIE CALLESEN/METRO

Art Gallery starving for more funds

Touring exhibit featuring Italian renaissance painters would be put on hold with denial of \$750K request

PAGE 3

Crime caught on camera

Police looking for help to identify suspects in racially-motivated assault on Whyte Avenue

PAGE 6

Turfed T.O. mayor vows to fight verdict

Rob Ford says he will appeal a judge's ruling to vacate his seat for breaking conflict-of-interest rules

PAGE 10



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Solving crimes

Police clearance rates not meeting performance objective

As violent crime in Edmonton increases, the number of crimes solved as a percentage of how many have happened is also increasing.

Edmonton Police Services (EPS) second quarter year to date results show a clearance rate of 42.2 per cent, an increase of 1.2 per cent from the weighted clearance rate reported in the second quarter of 2011.

However, that's below what police had aimed for. The 2012 Annual Policing Plan calls for a four-per cent increase in EPS clearance rates.

Clearance rates measure the number of crimes solved as a percentage of how many happened, and according to Joanne Graham there are a number of factors as to why EPS clearance rates are not meeting the performance objective of a 4 per cent increase.

"It is very complex," said Graham, director of the Business Intelligence Competency Centre at EPS.

Graham said an increase in violent crime — up 4.25 per cent — in the second quarter of 2012 brought the clearance rate percentage down and the complexity of files also impacted the number.

Graham said clearance rates fluctuate throughout the year and speculated that budget increases the police have asked for would boost clearance rates.

"I do believe that yes, we would see impact on our clearance rates if we were to get those resources," she said.

ANNALISE KLINGBEIL/
METRO

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The Art Gallery of Alberta is looking for \$750,000 in funding for 2013 to help it keep operations at current levels and continue to bring in travelling exhibits.
RYAN TUMILTY/METRO

Gallery in need of cash injection

The cost of culture.
Touring exhibits would have to be put on hold if city denies \$750,000 funding request

RYAN
TUMILTY
ryan.tumilty@metronews.ca

The works of some Italian Renaissance painters, including Caravaggio and Bellini, will stay in their home countries next year if the Art Gallery of Alberta doesn't see the increase it is hoping for from Edmonton City Council.

City councillors kicked off their budget deliberations

yesterday and are facing a request for \$750,000 in operations costs for the art gallery.

The gallery is seeing reduced funding from the provincial government and is hoping the city will be able to make up that shortfall.

Gallery director Catherine Crowston said along with the Italian 15th century paintings they are planning an exhibit of British water colours, but those plans will have to be shelved without the funding.

"We have great plans for 2013, but of course those kinds of exhibitions come with highly increased costs for security, and for transit. For all the kinds of things that are needed," she said.

Crowston added that trav-

elling exhibits push up the cost of the gallery's insurance. She said having to cancel the exhibitions would hurt the gallery, because the exhibitions draw visitors.

"It becomes a cyclical downward spiral of cutting back on exhibitions and programming and then we anticipate some of our admission dollars will go," she said, adding that the city funds would allow the gallery to continue talks with the province to come up with a more stable long-term funding agreement.

Mayor Stephen Mandel said the province and the city have to work this out, because the gallery is a great addition to the city.

"We need to sit down with

Public funds

- **Unfunded.** The gallery's request is currently unfunded in the 2013 budget, which currently projects a 4.7 per cent tax increase.
- **Provincial dollars.** The gallery opened in 2010 and as part of the funding agreement for its construction was renamed from the Edmonton Art Gallery to the Art Gallery of Alberta.

the province as well and get them to pony up and do whatever they can to make the art gallery successful," he said.

11 NEWS



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X-ray technician Shelby Babbirk displays diagnostic imaging equipment at the urgent care clinic in the East Edmonton Health Centre on Monday. ANNALISE KLINGBEIL/METRO

Edmonton's first urgent care facility opens for after hours non-emergencies

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Sore throat? Infection? Ear-ache? Dehydration? Minor strain, sprain or fracture?

The opening of Edmonton's first urgent care facility means there is a new place to treat these and other non-life threatening conditions.

"What we have available is after hours care for people who have an urgent health need, but it's not an emergency. It's something that can't wait until the next day to see their family doctor," said Delmarie Sadoway, executive director of primary care at

Alberta Health Services.

The clinic features a large waiting area, consultation rooms, several examination rooms, an observation room and laboratory and diagnostic services.

The facility is the first urgent care clinic in Edmonton and only the second within the Edmonton Zone of Alberta Health Services — Health First Strathcona in Sherwood Park opened in 2004.

Sadoway said 20,000 urgent care visits a year are expected at the Edmonton centre, which operates in the same space as the family care clinic.

It's expected the centre will help reduce wait times at nearby emergency rooms.

Sadoway estimated patients will wait up to an hour and a half for care at the Urgent Care Clinic.

"It will be a more appropri-

Walk-in hours

- The Urgent Care Clinic is located at the East Edmonton Health Centre at 7910 112 Ave. N.W.
- The clinic offers services on a walk-in basis weekdays from 5 p.m. to 10:30 p.m. and weekends and statutory holidays from 3 p.m. to 10:30 p.m.
- The space operates as the Family Care Clinic during the day and as the Urgent Care Clinic after hours.

ate place for people to come who do not have an emergency. They will get faster care here," she said.



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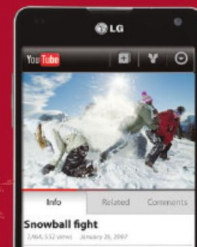
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Tax increase lowers slightly

Open to the public.
City council hears unfunded requests as budget hearings begin

RYAN TUMILTY
ryan.tumilty@metronews.ca

City councillors got several earfuls Tuesday as public hearings on the 2013 budget kicked off, in what is expected to be a month-long budget process.

About 30 people made presentations to council during the public budget process, ranging from seniors' groups and museums to the development industry and a man who simply wanted better snow-clearing.

Councillors also got an update that drove down the projected tax increase to 4.7 per cent from the previous 5.5 per cent. City administration said council could expect about \$6 million more in revenue from assessment growth next year and an additional \$1.83 million in money that can be re-allocated from the Edmonton Indy.

Mayor Stephen Mandel said the lower increase is a

Hard numbers

- All of the currently unfunded budget packages would cost the city an additional \$18.7 million.
- Lowering the increase to 4.7 from 5.5 per cent will save the average taxpayer \$14 per year.

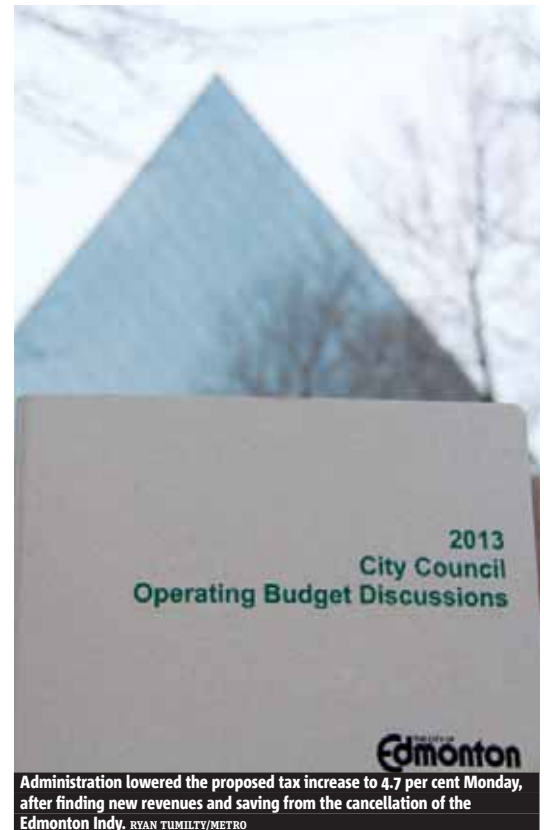
step in the right direction, but he still believes there is more the city can do to ease the burden on taxpayers.

"That is a start; we need to get further than that, I think there are things we can do to get a little further," he said.

Coun. Tony Caterina said most of the projects have a lot of merit and he can see good reason for doing them, but the city won't be able to fund them all.

"Individually, I think they are all important issues, but collectively like that we are going to be put in a position where we are going to have to pick some winners and losers."

Caterina said he hasn't set an exact number, but would like to see council work toward getting the increase below four per cent.



Administration lowered the proposed tax increase to 4.7 per cent Monday, after finding new revenues and saving from the cancellation of the Edmonton Indy. RYAN TUMILTY/METRO

Surveillance video part of investigation. Police search for suspects after Whyte Avenue hate crime

Edmonton police are asking for the public's help in identifying three suspects after a racially-motivated assault on Whyte Avenue over the summer.

A young, black male was allegedly punched in the face and thrown to the ground after being verbally threatened with racial slurs, in the early-morning of Aug. 11.

Three male suspects in their 30s are believed to be responsible for the attack, which occurred in a parking lot near 99 Street and 81 Avenue.

Police have obtained surveillance video they hope will resonate with someone who may have witnessed the assaults.

"While the quality of surveillance video is grainy, investigators are hoping this footage, along with

Racially motivated

- The victim's friend was also assaulted, after attempting to intervene in the attack.
- Police are looking for three male suspects and a female in their company, who was not involved in the attack.

suspect descriptions, will resonate with someone who might have witnessed the assaults," said Const. Alex Thomas, of the EPS hate crimes unit.

Anyone with information that could help police locate the suspects involved in this attack is asked to contact the Edmonton Police Service at 780-423-4567.

METRO

Campaign rules

Wildrose pitches ban on corporate, union donations

The Opposition Wildrose party is calling for changes in campaign donation rules, including a total ban on money from unions and corporations.

Leader Danielle Smith says the changes are critical to restore public confidence.

Premier Alison Redford's Progressive Conservatives have put forward a bill that would give the chief electoral officer more latitude to investigate and report campaign finance problems.

But the government plans to keep the maximum \$30,000 contribution limit for individuals, unions and corporations.

The bill also proposed the chief electoral officer be given authority to make his findings public from now on and going back three years.

THE CANADIAN PRESS

Licence suspension

Impaired-driving law challenged

A few Albertans who have lost their driver's licences under the province's new drunk-driving law are challenging the legislation in court.

Edmonton lawyer Fred Kozak represents the group and expects the paperwork to be filed in court this week. He's not certain it's the first challenge to the law but hasn't heard of any others.

He plans to argue that the law presumes guilt and violates people's rights by suspending their licences indefinitely.

"It punishes people before there's any determination that they've done anything wrong," Kozak said Monday.

Starting last July, people who are pulled over and blow over .08 have their vehicles impounded for three days and lose their licences until their cases are resolved in court.

THE CANADIAN PRESS

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Former Salvation Army exec charged in Toronto toy theft

Mr. Grinch? Police find three truckloads of the toys and are seeking a second suspect

The former executive director of a Salvation Army facility was charged on Monday after the discovery of a massive cache of toys police said were stolen from the charity and bound for a booming black market.

Three tractor-trailers were found over the weekend in a warehouse in Brampton, Ont., and in a facility in Toronto. It's hoped the toys can be returned to the Salvation Army in time to distribute them this holiday season, police said on Monday.

The toys and other gifts and products were either taken from the Salvation Army warehouse in Toronto or diverted before they got there, police say.

"It's a terrible shame when people donate their good hard-earned money ... and these articles are now being redirected for profit. ... That's what we're alleging," said Det.-Sgt. James Gotell.

David Rennie, 51, of Toronto, has been charged with



David Rennie turned himself in and was charged for the toy thefts at the Salvation Army in Toronto. STEVE RUSSELL/TORSTAR NEWS SERVICE

17 counts of possession of property obtained by crime, 10 counts of theft over \$5,000, seven counts of theft under \$5,000, criminal breach of trust, conspiracy to commit an indictable offence and several counts relating to trafficking in stolen goods.

Police allege a company called Northern Sales Group,

which they said controls the Toronto warehouse where the toys were found, was involved in a scheme to sell the Salvation Army toys and investigators said they are looking to arrest and charge a second suspect connected to the group.

Rennie is scheduled to appear in court on Jan. 4.

THE CANADIAN PRESS

Massive operation

"I haven't seen anything to this magnitude before."

Det.-Sgt. James Gotell, a Toronto investigator with 23 years of experience

Deadly cocktail

Grapefruit and oral meds can be lethal: Study

Grapefruit juice can interact with more than 85 oral medications, with about half of them potentially leading to severe — even deadly — consequences, finds a comprehensive review by a research team affiliated with Western University in London, Ont.

Medications altered by grapefruit include highly prescribed cholesterol-lowering statins, some key heart drugs and certain anti-psychotic and pain medicines.

A chemical in grapefruit interferes with an enzyme that controls how drugs are absorbed, resulting in a potentially toxic dose.

THE CANADIAN PRESS

Risk of ignition. Recall expanded for certain Banana Boat sunscreens

The makers of a popular line of sun products is expanding its recall of spray sunscreens because they pose a fire risk.

A statement from Health Canada says the affected Banana Boat products can ignite on the skin if a user is exposed to an open flame or spark before the sunscreen has dried.

There have been five reports of such events, one in Canada and four in the U.S.

Health Canada is also warning that similar products from other manufacturers could pose a risk.

The original recall has been expanded from two products to four and another affected product has been identified.

Affected products

Check your travel bags for:

- Ultra Defense SPF 30/60 Spray
- Sport Performance SPF 30/60 Spray
- Sunscreen Oil Spray SPF 15

The company, Energizer Personal Care, says the spray valves deliver more sunscreen than normal, which may remain wet and potentially flammable longer.

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Que. contracts got Canadian tax dollars: Review

Nationwide. Analysis shows taxpayers Canada-wide funded projects cited for corruption in Quebec

Taxpayers across the country had their money spent on Quebec construction projects identified at an eye-opening corruption inquiry

as suffering cost overruns through collusion schemes, a review of contracts by The Canadian Press has revealed.

A search through public contracts tabled at the province's corruption inquiry has revealed numerous cases where federal money went to projects whose price tag was, according to witness testimony, inflated by scams.

The 91 contracts reviewed had been tabled at the inquiry in recent weeks as a pair of

Not proven

The allegations made inside the inquiry have not been proven in a court of law, and could be subject to contradictions in the remaining months of testimony.

witnesses — a disgraced construction boss and Montreal city official — walked the commissioners through their

role in the bid-rigging process.

A subsequent scan through those contracts has shown that at least 15 received federal funding, with the federal contribution in each case ranging from under \$200,000 to more than \$700,000.

The inquiry is still underway, but it has already prompted the resignation of the mayors of Montreal and the big suburb next door, Laval. **THE CANADIAN PRESS**



Former construction boss Lino Zambito testifies before the Charbonneau inquiry probing corruption and collusion in Quebec's construction industry on Oct. 1 in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Blue wins. Conservatives reclaim Calgary, Ontario seats in byelections

Conservative Joan Crockatt won a narrow byelection race in the Tory fortress of Calgary Centre.

Crockatt, the Conservative establishment candidate, emerged unscathed after a surprisingly close, three-way contest for a riding that's been solidly blue for four decades.

The former journalist edged out Liberal Harvey Locke — with a vote-splitting assist by Chris Turner of the Green party — by winning about 37 per cent of the popular vote, following a campaign that received national notice.

That was in part due to some ill-timed Alberta bashing by Liberal MPs outside the province — including Justin Trudeau — that may have saved Crockatt's election chances.

Tory strategists were spinning Calgary Centre as a litmus test for Trudeau's Liberal leadership hopes, but the vote results may say more about Alberta's ongoing battle over the

In B.C.

- **Race.** The full results for the Victoria byelection weren't in by press time. To see the winner go to metronews.ca.

- **Brawl.** A safe NDP seat, however, turned into an acrimonious brawl in Victoria over a controversial \$700-million sewage treatment plan. New Democrat Murray Rankin was the lone candidate supporting the unpopular plan.

direction of the conservative movement.

In two other byelections, the Conservatives easily reclaimed the Ontario riding of Durham, vacated when cabinet minister Bev Oda resigned, while in Victoria the NDP and Green candidates were locked in a too-close-to-call battle.

THE CANADIAN PRESS

Race gets bigger

Vancouver MP to run in Liberal leadership race

Vancouver MP Joyce Murray is joining the federal Liberal leadership contest with a daring call for co-operation with other progressive parties in the next election to ensure defeat of Stephen Harper's Conservatives.

Murray says she believes Liberals, New Democrats and Greens should have the option of conducting run-off nominations to choose a single candidate in tightly contested ridings where a united progressive front would guarantee defeat of the ruling Tories.

She is the first contender to broach the controversial idea, which is consistent with her broader pitch that she is a collaborative politician.

THE CANADIAN PRESS

Court battle

Que. mayor fights to save Catholic heritage

A Quebec municipality was in court fighting to keep prayers at city council meetings and it kicked off its case Monday by citing the preamble to the Constitution. Saguenay's colourful mayor, Jean Tremblay, says he's fighting to preserve the province's Roman Catholic heritage.

Tremblay launched a fundraising drive to fight the court case, which started after a complaint from a local resident.

The Quebec Human Rights Tribunal had ordered the prayers be stopped, the crucifix in the city council chamber be removed and that damages be paid to the citizen who complained.

THE CANADIAN PRESS

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Carla Bruni supports gay marriage, adoption plan

France's former first lady. Bruni echoes majority French opinion on gay rights

France's former first lady Carla Bruni says she disagrees with her conservative husband, Nicolas Sarkozy, and supports a plan to allow gay marriage and adoption.

In an interview with the French edition of *Vogue* for its December issue, the 44-year-old singer and supermodel said: "I'm rather in favour because I have a lot of friends — men and women — who are in this situation and I see nothing unstable or perverse in families with gay parents."

France's Socialists are



Carla Bruni GETTY IMAGES FILE

pushing a bill that could see gay marriage legalized early next year. Though surveys have found that the majority of French people favour gay marriage, there has been a vocal backlash from religious leaders, voters in rural areas and ex-President Sarkozy's own UMP party.

THE ASSOCIATED PRESS



Christmas in Poland

Workers assemble and decorate a giant Christmas Tree in front of the Royal Castle during unseasonably fine weather in Warsaw, Poland, on Monday. Christmas is eagerly celebrated in the predominantly Catholic country. CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

Death row

Judge rejects inmate's request to delay execution on obesity grounds

A condemned killer trying to delay his execution because of his extreme weight hasn't raised enough new issues to warrant the legal challenge, a U.S. federal judge ruled on Monday.

Death-row inmate Ronald Post, who weighs

more than 180 kilograms, is asking the courts to stop his January execution on the grounds his weight could cause him to suffer severe pain during the procedure.

Post is prohibited from challenging his execution by injection because he raised similar claims in his first set of federal appeals in 1997, Judge Lesley Wells said Monday. In general, death-row inmates are allowed only one federal appeal when alleging the same set of facts.

THE ASSOCIATED PRESS

Extreme eating

Roach body parts caused contestant to choke to death: Medical report

A Florida man choked to death after downing dozens of live roaches to win a contest this year in which the grand prize was a python, according to an autopsy released on Monday.

Edward Archbold, 32, of

West Palm Beach, died as a result of "asphyxia due to choking and aspiration of gastric contents," says the report released by the Broward County medical examiner's office. It said his airway was obstructed by the roach body parts, which caused him to not be able to breathe.

"It's hard to even think about it," said Kim Crawford, co-owner of Busch Canvas & Interiors, where Archbold worked for four years.

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Left wing wants me out: Ford

Conflict-of-interest case. T.O. mayor plans to appeal decision, vows to run again



JESSICA SMITH
Metro in Toronto

Stubbornly believing he wasn't breaking the law on conflict of

interest despite never having read it wasn't a good enough defence for Toronto Mayor Rob Ford, a judge ruled Monday.

Justice Charles Hackland found that Ford broke the Municipal Conflict of Interest Act in a council vote last February and ordered his seat vacated in 14 days.

"Outright ignorance of the law will not suffice, nor will wilful blindness as to one's

obligations," wrote the judge.

One of Ford's key defences in the legal challenge brought by Toronto resident Paul Madger was that if he did in fact break the conflict-of-interest law, he did it honestly, in an error of judgment, which is a valid defence under the act.

On the stand in September, Ford testified he knew all about conflict of interest despite never having read

the act because his father had been an MPP. The judge found that insufficient.

In brief remarks to a throng of reporters at city hall, Ford said he will appeal the ruling and would "fight tooth and nail" to hold on to his job. If that fails, he will run for re-election.

"I'm going to fight for the taxpayers like I always have," he said. He blamed the out-

come on the left wing. "This comes down to left-wing politics," he said. "The left wing wants me out of here."

Lawyer Clayton Ruby, who represented Madger, said Ford has no one to blame but himself. "While we're pleased to have won this case, we are also saddened by it. It is tragic that the mayor of a great city should bring himself to this," said Ruby. "Rob Ford did this to

Rob Ford.... It could have been avoided if Rob Ford had used a bit of common sense and if he had played by the rules."

Ruby said Ford should never have taken money from lobbyists for his football fund to begin with. But it was the mayor's decision months later to take part in a council vote concerning whether or not he should have to pay it back that landed him in trouble.

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Toronto Mayor Rob Ford, left, speaks to the media at city hall in Toronto on Monday. Ford has been ordered out of office after a judge ruled Monday he broke conflict-of-interest rules. NATHAN DENETTE/THE CANADIAN PRESS

Seeking clarification

Both sides confused over ruling

Justice Charles Hackland could have barred Toronto's Mayor Rob Ford from running again for seven years, but instead opted to disqualify him for the "current term."

It was not immediately clear whether that meant Ford's term ended with

his ouster, meaning he would be free to run in a possible byelection.

Lawyer John Mascarin, a municipal law expert, called the ruling ambiguous, but said he believed Hackland "clearly" meant to bar Ford from running for office until the current council term is over in 2014.

Both parties could write the judge to seek clarification, said Mascarin, who called the ruling "unprecedented." THE CANADIAN PRESS

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Carney to head Bank of England

Crossing the pond.
Canada's central banker is 'going to where the challenges are greatest'

Mark Carney is leaving the Bank of Canada for one of the most storied financial positions in the world — to take over the Bank of England at a pivotal time in its 318-year history.

The announcement shocked observers on both sides of the pond, particularly as Carney had previously played down reports he was being considered, as he also played down rumours about joining the International Monetary Fund and the Liberal party.

But the Bank of England rumours turned out to have substance, although Carney on Monday said he had not formally applied for the job and only made the decision in the last two weeks. He insisted he was not leaving Canada in the lurch for the big job, however.

"We have a system that works very well. It's been tested



Bank of Canada governor Mark Carney addresses a news conference in Ottawa on Monday after it was announced that he will be the new head of the Bank of England. FRED CHARTRAND/THE CANADIAN PRESS

under the biggest economic and financial shock we'll ever see in our lifetime and it has passed that test," he told reporters. "I'm going to where the challenges are greatest because I'm confident that the strengths are as deep and as broad as they are here in Canada. I could not do it any other way."

Finance Minister Jim Flaherty called Carney his "friend" and admitted the news was "bittersweet."

"It is our loss, of course it is. Mark has been a superb governor of the Bank of Canada for more than five years, so his loss will be felt."

THE CANADIAN PRESS



Milking time at the European Parliament

Police officers are sprayed with milk by dairy farmers during a demonstration on Monday in front of the European Parliament building in Brussels. Farmers from across Europe drove their tractors into the city for a two-day demonstration to protest against what they believe are unfair milk prices. GEERT VANDEN WIJNGAERT/THE ASSOCIATED PRESS

Market Minute



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Natural gas: \$3.74 US (-16¢)
Dow Jones: 12,967.37 (-42.31)



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WHEN DID I START WORRYING ABOUT MOM AND DAD?



SHE SAYS...
Jessica Napier
metronews.ca

My mother once told me that parents never stop worrying about their children. This might be true, but I didn't realize how early on I'd start worrying about them.

I've enjoyed a pretty typical parent-child relationship with my mother and father. They were the reliable authority figures who always insisted I wear a jacket, taught me to save a portion of my paycheck and begrudgingly drove me home when I got too drunk at a party. But in my mid-20s, something strange happened; all of a sudden there was a role reversal, and I was the one acting like the concerned parent.

Tables turning

As we transition from rebellious adolescents to self-centred, young adults to responsible grown-ups, we begin to appreciate our parents in a new light. They are no longer just the guardians of the car keys but actual people with real vulnerabilities.

them every once in a while to make sure there's fresh fruit in the fridge and no one has fallen down the stairs.

As we transition from rebellious adolescents to self-centred, young adults to responsible grown-ups, we begin to appreciate our parents in a new light. They are no longer just the guardians of the car keys, but actual people with real vulnerabilities.

Whenever I see my parents in pain — physical or emotional — it's heartbreaking. When I realize that one day they might be entirely dependent on me, I start to panic. I will never be ready, but will I be able to take care of them when the time comes?

My father likes to joke that he wants Queen's Another One Bites the Dust played at his funeral. I used to think this was funny, now it makes me sick to my stomach.

As adult children, it's hard to confront the inevitable truth that our parents are going to die one day. It's only natural that we'd try to do whatever we can to prolong the inevitable, even if that means turning into overly-protective worriers. After all, a few small changes now could result in a few more years together, and I want mom and dad to be around as long as possible.

Follow Jessica Napier on
Twitter @MetroSheSays



After so many years of them looking after us, the roles reverse — and we are suddenly wrapped up in our parents' wellbeing. [MH.BHD.ORG/FLICKR](#)

The Queen's very hairy encounter



DAVID PARKER/WPA POOL/GETTY IMAGES

By royal appointment

Queen inspects very hairy soldier

The Queen has encountered a green Yeti, but in truth this sight is far from abominable. Queen Elizabeth II met a camouflaged sniper from the Household Cavalry at Combermere Barracks near Windsor Castle.

During her visit, the Queen perused some army paraphernalia, including a machine gun and some military boots. **METRO**

Equine interests

Diamond is a royal's best friend

The Queen is no stranger to cavalry, as her lifelong love for horses was apparent during her time at the barracks. Her Majesty approached and petted a drum horse, which was on official duty for the first time during the Queen's visit.

The drum horse was renamed Adamas, which means diamond in Greek, in commemoration of the Queen's Diamond Jubilee. **METRO**

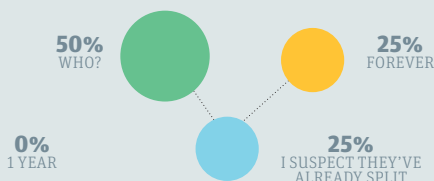
The barracks history

- Founded in 1804, the barracks comprises more than 20 acres and is located within a kilometre of Windsor Castle. It's home to the Household Cavalry Regiment, which uses armoured vehicles and tanks, such as Scimitar tanks, in large-scale war operations — most recently in Iraq.



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How long will Bachelor Canada's Brad Smith and Bianka Kamber last?



Twitter

@DaveDawson7:

BREAKING: Eric Tillman just traded #yeg Mayor Mandel to Toronto for 3 blankets, a Snickers bar and a bag of sand. #yyz

@danno_ncg:

they say you are what you eat, but I sure don't remember eating a sexy beast this morning... #yeg #sexy #beast

@babiak:

It is a sunny, blue-and-white mor-

ning on the highway of dreams and dead porcupines between #yyc and #yeg.

@bilalhour:

I want the K in @KDaysyeg to stand for Potassium. #kdays #yeg #edmonton

@danicanuck:

Ah man, cyber Monday just crashed my internet and power in #yeg. Guess I'll have to stop shopping and start working.

DVD review



Lawless

Director. John Hillcoat

Stars. Tom Hardy, Shia LaBeouf, Guy Pearce

All slicked up but mostly firing blanks, John Hillcoat's Prohibition-era western — based on a book of the same name — looks and sounds great, but fails to tell a compelling story. Bootlegging brothers Jack (Shia LaBeouf), Forrest (Tom Hardy) and Howard Bondurant (Jason Clarke) run a general store and gas station in their woodlands Virginia refuge, but their real coin comes from the illegal moonshine they make up in the hills. Local cops are inclined to look the other way — especially since older bros Forrest and Howard are not guys you want to rile. Neither is much for talking, although they sure know how to fight and shoot. Timid Jack, the youngest, can't bring himself to pull a trigger. The Bondurants draw the attention of the feds, who send down special deputy Charley Rakes (Guy Pearce) with the intent to clean up and dry up the county. Extras include an audio commentary with Hillcoat and author Matt Bondurant.

PETER HOWELL



The Hobbit trilogy is just one of the projects Peter Jackson's Wellington studio has on the go. HANDOUT

New Zealand: The land of special effects

Hurrying for The Hobbit. Peter Jackson's Wellington studio puts together blockbusters in a pastoral setting

A crate full of sushi arrives. Workers wearing wetsuit shirts or in bare feet bustle past with slim laptops. With days to go, a buzzing intensity fills the once-dilapidated warehouses where Peter Jackson's visual-effects studio is rushing to finish the opening film in The Hobbit trilogy.

The fevered pace at the Weta Digital studio near Wellington, New Zealand, will last nearly until the actors walk the red carpet Nov. 28 for the world premiere. But after The Hobbit: An Unexpected Journey hits theatres, there's more work to

be done.

Weta Digital is the centrepiece of a filmmaking empire that Jackson and close collaborators have built in his New Zealand hometown, realizing his dream of bringing a slice of Hollywood to Wellington. It's a one-stop shop for making major movies — not only his own, but other blockbusters like Avatar and The Avengers and hoped-for blockbusters like next year's Man of Steel.

Along the way, Jackson has become revered here, even receiving a knighthood. His humble demeanour and crumpled appearance appeal to distinctly New Zealand values, yet his modesty belies his influence. He's also attracted criticism along the way.

The special-effects workforce of 150 on The Lord of the Rings trilogy a decade ago now numbers 1,100. Only five of Weta Digital's workers are actual employees, however,

while the rest are contractors. Many accept the situation because movie work often comes irregularly but pays well. Union leaders, though, say the workers lack labour protections existing in almost any other industry.

Like many colleagues, Weta Digital's director, Joe Letteri, came to New Zealand in 2001 to work on the Rings trilogy for two years. The work kept coming, so he bought a house in Wellington and stayed.

"People come here because they know it's their chance to do something really great and to get it up on the screen," he said in a recent interview.

Jackson, who declined to be interviewed for this story, launched Weta in 1993 with fellow filmmakers Jamie Selkirk and Richard Taylor. Named after an oversized New Zealand insect, the company later was split into its digital arm and Weta Workshop, which makes

Big business

The New Zealand government calculates that feature films contribute \$560 million each year to New Zealand's economy. Like many countries, New Zealand offers incentives and rebates to film companies and will contribute about \$100 million toward the \$500 million production costs of The Hobbit trilogy.

props and costumes.

Beyond having creativity as a filmmaker, Jackson has proved a savvy businessman, Letteri says. "The film business in general is volatile, and visual effects has to be sitting right on the crest of that wave," Letteri says. "We don't get asked to do something that somebody has seen before."

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'Unfilmable' books can make for great cinema

New era. Technology advances and daring filmmakers have pushed the envelope on thoughts of what belongs on-screen

It would appear that labelling a book unfilmable is a sure-fire way to get a filmmaker's attention. How else to explain the multitude of book-inspired features currently at the multiplex, a good number of them drawn from challenging literary works chock full of the very things popular cinema generally tries to avoid?

Rambling storylines, monumental themes, complex structures, detours into wild fantasy and innumerable characters are proving little impediment to the perennial search for the next big blockbuster.

Last week, Yann Martel's long-considered-unfilmable tale *Life of Pi* came to theatres as a 3-D spectacle, the pains-taking work of Oscar-winning director Ang Lee. It follows

the ambitious adaptations of David Mitchell's literary puzzle *Cloud Atlas* and Salman Rushdie's magical, historical tale *Midnight's Children*. And next month, theatres welcome a big screen take on J.R.R. Tolkien's fantasy-laden *The Hobbit* while January will see Jack Kerouac's meandering Beat Generation novel *On the Road*.

As film critic and curator Jesse Wenthe notes: "A book is only unfilmable until someone makes a movie of it."

Whether that adaptation is a good film or not is another question entirely. Reaction has been mixed to the cinematic incarnations of the two-hour-and-43-minute *Cloud Atlas* and the two-and-a-half-hour *Midnight's Children* — each elaborate ventures that faced challenges in wrestling their narratives into script form.

"Not all the ideas from the page are going to work on screen and not all the ideas of the screen flow to the page. I think it's the magic that occurs in the middle that makes it," says Wenthe. "Totally filmable books can end up as appalling movies and unfilmable books

can win Oscars."

An explosion of digital movie-making tools has allowed for even more "unfilmable" books to hit the big screen, he adds.

"All sorts of what we now are calling populist cinema wasn't possible 20 years ago, or at least wasn't possible in the same way and with the same sort of vision," says Wenthe.

The computer generated imagery on display in *Life of Pi* certainly didn't exist when the book came out in 2001. It's a big reason its Saskatoon-based author says he had a hard time imagining how a film could be made from his Booker Prize-winning tale. Plus, so much of the story unfolds through reflection, with the hero Pi struggling with deep philosophical questions — hardly the stuff of box office smashes. "Those are easy words to write on the page. But how would one bring them to life on the screen?" Martel writes in the forward to the behind-the-scenes book, *The Making of Life of Pi*. "The challenge seemed forbidding. Who would be crazy enough to try?"

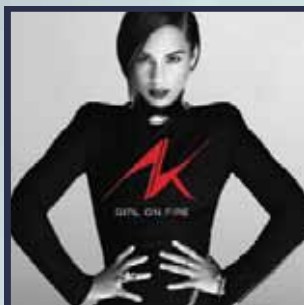
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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lohan wants more small screen action



THE WORD
Dorothy Robinson
scene@metronews.ca

If you didn't catch the masterpiece that was Sunday night's Liz and Dick on Lifetime, you missed out on the pop culture phenomenon of the month. Critics had a mighty fine time lambasting what was to be Lindsay Lohan's return to acting prominence. Instead, her performance seemed like it was best suited for community theatre, if community theatre were held in a prison.

But Lohan will not let a little thing like public ridicule get her down—RadarOnline.com is reporting that now that she's gotten a taste of TV, she wants her own sitcom.

"Lindsay has asked her manager and agent to look into getting her her own television sitcom," a source tells the website.

"Lindsay feels that the small screen would be a great way for her to re-

I just play one on TV...

"Lindsay is loving the idea of having her own sitcom and would love to play someone in a story based on her crazy life."

Source speaking to RadarOnline.com

vitalize her acting career and that a comedy would be the best bet. Lindsay feels most comfortable doing comedy and it was Charlie Sheen that told her she should do it. Charlie told Lindsay that it was an easy way to make very good money and help her to get her movie career back on track. Lindsay is loving the idea of having her own sitcom and would love to play someone in a story based on her crazy life."

And honestly, judging from the attention Liz and Dick received, I'm sure Lifetime got some of the best ratings it has seen in years. So maybe it will be Lohan who will get the last laugh? (Ed note: Actually, no, scratch that ending. We'll all still be laughing about Liz and Dick for a long, long time.)



Miley Cyrus

Save a pig, fête a Cyrus: PETA sponsors oinker for Miley's milestone

Animal-friendly actress Miley Cyrus turned 20 last week, and to celebrate the occasion animal rights group PETA got her a pig. Sort of. The group sponsored a pig in her honour named Nora at a Florida farm that provides refuge to neglected or

abused animals, the group announced.

"PETA knew that sponsoring a rescued pig was the perfect birthday present for a young woman who spends so much time encouraging others to help animals," a PETA spokeswoman says.

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Chris Brown

Chris mess: Brown backs out of Twitter tussle

Chris Brown took on a Twitter critic — and lost. The temper-tantrum-prone singer deleted his official Twitter account over the weekend after a lengthy and expletive-filled back-and-forth with comedian and writer Jenny Johnson. Toward the end of the row, Johnson made reference to Brown's 2009 arrest for assaulting girlfriend Riha-

anna, writing, "I have zero respect for a person who seems unapologetic for the terrible crime he committed and shows no signs of changing," to which Brown responded, "Just ask Rihanna if she mad." Brown has been spending time with Rihanna in Europe recently, which would lead one to believe that she is not, in fact, mad.

Charles in charge? Not anytime soon, it seems

Prince Charles, who recently celebrated his 64th birthday, may be growing tired of being the longest-waiting heir to the throne in British history, as his 86-year-old mother, the Queen, shows no sign of stepping down.

"Impatient? Me? What a thing to suggest! Yes, of course I am," Charles joked with reporters recently, according to the Telegraph. "I'll run out of time soon. I shall have snuffed it if I'm not careful."



Prince Charles ALL PHOTOS GETTY IMAGES

Oh brother: Anne sees man in mirror post-haircut

After Anne Hathaway chopped off her long brunette locks for the film *Les Misérables*, she discovered an unexpected family resemblance.

"When I eventually looked in the mirror I just thought I looked like my gay brother," Hathaway told a preview screening



Anne Hathaway

audience in New York, according to the Hollywood Reporter.

Twitter



@DitaVonTeese

After heat waves in LA, India & Bangkok, it feels nice to be in chilly London, reunited with my seamed stockings & long leather gloves



@Real_Liam_Payne

Okay bored of constant news articles... I'm not dating Leona ... My YouTube channel isn't for a solo career and I didn't insult Kim k...Pow!



@ParisHilton

How do you guys like my new Twitter profile pic and background?



@WhitneyCummings

Can you take an Ambien and a Lunesta? Please answer an hour ago.

Looking for a winter fitness challenge?

How to get started. Consider something you can keep up for the long run and will pay off for you in springtime

EMMA GODMERE
life@metronews.ca

By starting a new, simple training routine now, you can set a goal of running your first race come 2013.

Added bonus: You double your calorie burn when you run in the winter, as your body works to keep warm while you keep up your pace.

But what if you've never run before?

Where do you start?

One of the first things a new runner should consider is finding a training buddy, says Shelley Beaubien, na-

tional clinics and training program administrator for Running Room Canada.

"When you're starting out, you want to be able to talk while you're running," explains Beaubien. If you can continue a conversation, you're keeping a good pace.

"If you're running too hard, you overtrain, you can get injured, or you drop out."

Running with a friend ensures you stay motivated and safe.

As the temperature dips, the weather poses more risks to runners, and a friend will be able to watch for signs of hypothermia.

Baubien emphasizes keeping your head, hands, and feet properly covered and warm while wearing appropriate training gear.

First-timers should combine running and walking in intervals and set aside enough time to train three times a week at a time of day that works best for you, says Beaubien.

New runners should also run for time and not distance as your body adapts to a new training routine.

As your strength increases, you can increase the intensity or distance of your run.

But the Running Room advises against expanding your distance program any more than about 10 per cent per week.

By starting your training on the right foot, you're helping yourself stick to a healthy routine for the long haul.

"You want to make sure that you're not doing it just for a short period of time," says Beaubien.

"You want to think about it as a lifestyle change ... a way to get healthy and stay healthy the rest of your life."



Start your training off on the right foot. ISTOCK PHOTOS

Winter running tips



Here are some winter running tips from John Stanton, founder and president of the Running Room Canada, from his book, *Running: Complete Guide to Building Your Running Program*.

- 1 Adjust the intensity of your workout.
- 2 Keep your head covered and your hands and feet warm, as a significant amount of our heat loss comes from our extremities.
- 3 Warm up properly, start your runs at a comfortable pace and slowly build up to a pace slower than your normal training pace.
- 4 Cover all exposed skin. If you or your running partner have exposed skin, be aware of each other to prevent frostbite.

What to eat

Some of the most popular (and simple) running foods, according to the Running Room:

- **Oatmeal.** Provides great slow-digesting carbohydrates and fibre as part of a pre-run meal.
- **Bananas.** Popular before, after, and even during a run, as they replenish potassium you lose as you sweat.

Start sharing

This is the second in a week-long series of articles chronicling some of the rites of passage many of Metro's readers will experience as they leave the nest or school and head out on their own.

Do you some marathon tips? Visit metronews.ca/features/firsts, tweet us or even turn to the person next to you and share your advice to a marathon newbie.



Best Health

Caffeine: how much is too much?



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In each issue of Best Health, we look beyond the headlines.

At press time on our December issue, on newsstands now, the U.S. Food and Drug Administration was reportedly investigating five deaths and one heart attack in the U.S. for their possible connec-

tion to consumption of an energy drink.

A 24-ounce can of the drink has 240 mg of caffeine, according to the company.

Energy drinks are not yet clearly labelled with nutritional information, including caffeine.

Last October, our federal government announced new measures to provide Canadians with more information about energy drinks, which up until that point were classified as Natural Health Products and were not required to put nutrition labels on their products.

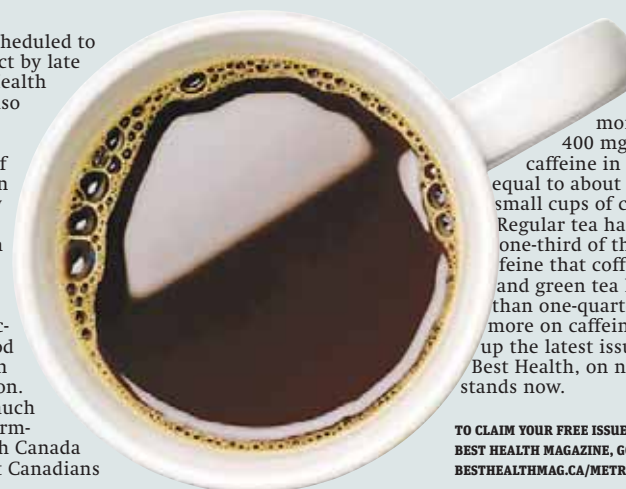
Under the new meas-

ures — scheduled to be in effect by late 2013 — Health Canada also moved to limit the amount of caffeine in an energy drink to 180 mg in a single serving.

Caffeine is actually good for you, in moderation. But too much can be harmful. Health Canada says adult Canadians

should consume no more than 400 mg of caffeine in a day — equal to about three small cups of coffee. Regular tea has about one-third of the caffeine that coffee does, and green tea has less than one-quarter. For more on caffeine, pick up the latest issue of Best Health, on newsstands now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONWS.



Beef and Butternut Squash Stew goodness in 45 minutes



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Almost by definition, beef stew isn't a weeknight-friendly dish.

That's mostly because stew meat is tough and requires a long simmer to become tender.

But who has time for that at the end of a long day?

Enter this speedy beef stew that could be tossed together and on the table in 45 minutes.

The first step is replacing the meat. Stew meat is out. But tender sirloin tips work perfectly when you brown them first, then set them aside while the other ingredients cook. The meat is returned to the pot toward the end of cooking. The result is a perfect taste and texture.

1. In saucepan over medium-high, heat oil. Add beef, in batches if needed to avoid crowding pan, and cook, turning, until browned on all sides but still rare at centre, about 5 minutes. Use a slotted spoon to transfer the beef to a plate.

2. Return saucepan to heat and add the squash and carrots. If pan is too dry to easily sauté vegetables, add a splash of olive oil. Sauté until squash begins to

Ingredients

- 2 tbsp olive oil
- 1 1/2 lbs sirloin beef tips, cut into 1-inch chunks
- 3 cups cubed butternut squash (1/2-inch cubes)
- 1 cup baby carrots, halved
- 1 large yellow onion, diced
- 2 cloves garlic, minced
- 28-ounce can crushed tomatoes
- 2 cups beef broth
- 1 tsp smoked paprika
- 1/2 tsp dried thyme
- 1/2 tsp mustard powder
- Salt and black pepper

brown, about 5 minutes. Add onion and garlic and continue to cook until the onion is tender, 6 minutes.

3. Add tomatoes, broth, paprika, thyme and mustard powder. Bring to simmer and cook until the carrots and squash are tender, about 20 minutes. Return the beef to the pot, as well as any juices that have accumulated on the plate. Simmer for 5 minutes, then season with salt and pepper. **THE ASSOCIATED PRESS**

Health Solutions

Get all beefy



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

With all the beef in the news recently, one has to wonder if it deserves a place on your healthy plate. You have to weigh the pros and cons (and measure your desire for flame grilled against them).

From a nutritional perspective, you can get what beef boasts elsewhere:

• Mussels have almost as much zinc and much more B12.

• Chicken thighs have about half the amount of iron.

• Ounce for ounce, chicken, fish and pork all have about the same amount of protein.

But if you really want the beef, here is something to think

about:

• Grass fed beef has a healthier fat profile.

• Grass fed lamb or bison is a great option.

• Any ground meat product needs to be thoroughly cooked to 72 C. The surface area of a ground product moves any existing bacteria from the outside, where it is more easily cooked to a safe temperature to the inside, where even a small amount left undercooked can make you sick.

The days of enjoying your meat rare may be done unless you really know your source and have the trust in fate of a skydiver, but it doesn't mean you can't enjoy beef. **THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND**

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Don't get caught off guard — have a post-baby budget

Alison on Money.
What to expect when you're not expecting



YOUR MONEY
Alison Griffiths
money@metronews.ca

Regina and Monty, both 28 years old, have good news and bad news. First the good: They're expecting! Now the bad: It was completely unplanned and this high earning (\$230,000 household income) couple doesn't have a dime of savings beyond their RRSPs.

They did have a plan, which was to start their family five years hence and they were on the verge of putting aside their free-spending ways in order to save up so Regina could quit work for a couple of years.

That's not going to happen, so Monty is wondering about the tax implications of Plan B — taking money out of their RRSPs for cash flow when their precious little bundle arrives in March and Regina's income is

RRSP facts

- 43 per cent of Canadians between 18 and 34 have an RRSP account (up from 39 per cent in 2010).
- 16 per cent of 18 to 34-year-olds contribute the maximum to their RRSPs (down from 33 per cent in 2010).

reduced.

Cleo Hamel of H&R Block offers an important caution about this plan. "If Regina deposits money into an RRSP, she has to leave the deposit untouched for at least 90 days before she can claim the deduction."

This information particularly applies to Regina and Monty because they use year-end bonuses of about \$18,000 to make their RRSP contributions. Generally they make the lump sum deposits in January.

Hamel also recommends that they project Regina's tax situation while she is on maternity leave.

"Maternity leave benefits



Are you going to be a parent? Time to start saving. ISTOCK IMAGES

are generally only 55 per cent of your employment income to a maximum of about \$445 per week," she notes. "However, the amount Service Canada withholds for taxes is about 10 per cent, which is lower than the minimum federal tax rate."

Often new mothers (my daughter found herself in this situation) end up owing tax in their maternity leave year because the withholding amount wasn't sufficient, even with the child tax credit.

RRSP withdrawals are subject to a higher withholding for tax purposes. A financial institution would hold back 30 per

cent on a \$20,000 withdrawal, for example. Depending on when Regina takes her leave of absence, that might not be sufficient to cover her tax bill for the year.

With high incomes, these surprised parents-to-be have an opportunity to save like Scrooge over the next few months and put aside a significant sum. But they must immediately draw up a post-baby budget to figure out exactly what they need monthly to pay the bills.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Don't trump or be trumped on the gifts



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Picture Christmas Day. Family, friends and loved ones have gathered to eat a fantastic meal and exchange gifts.

You draw names and get to open your presents first. As you unwrap each gift, you quickly realize that you've overspent on the presents you're about to give. Your brother-in-law goes next and opens your gift to him — a \$200 Hugo Boss wallet. Meanwhile, his gift to you was a \$20 pair of mitts. Your sister gives you the evil eye because your gift just trumped her gift to her husband. Now you're really uncomfortable.

We've all been in this position. Unclear gift expectations can lead to unpleasant and unintended emotional consequences over the holidays.

The holidays are not about gifts, but because it's customary to give presents, save yourself from this ex-

perience and set expectations in advance.

With your partner, discuss your total holiday budget for the season and how much each of you will contribute for family functions, dinners, gifts, baking, parties and entertainment. If it's hard to keep track of everything, draw up a simple spreadsheet, list your financial commitments and total it up.

Talk about your holiday budget limitations and expectations. For example, you may have set aside \$500 and have to buy gifts for 10 people, meanwhile your honey may have \$1,000 to spend on five people. It's also important to agree on how much to spend on each other. If you can't agree on a dollar value, consider putting money towards a joint gift like a kitchen appliance or a weekend spa vacation. Or, instead of gifts, you could make a donation to your favourite charity.

Next, call your extended family and agree on gift value limits, like \$50 per person, or whether you want to draw names and only buy for one person. Do the same with co-workers and friends.

Don't be afraid to be frugal when holiday shopping. It's 100 per cent okay to use coupons and take advantage of deals to save money.

Suffering in silence? Talk it out, bro

Depression. Men should confide in each other to help ease pain

LINDA CLARKE
Metro World News in Boston

When it comes to men's mental health, there's a fundamental difference between the sexes. Women tend, generally, to look to support from partners, or they seek support from a network of girlfriends or family. Failing that, they often seek professional counselors.

But either way, they express emotions and talk through a problem. Men often don't want to talk about their feelings, and may even deny having problems, emotional or otherwise.

"Guys," says holistic life coach and counsellor Ken Ross, a certified professional coach who leads men's groups, "traditionally, we tend to be islands. When it comes to men confiding in men, it doesn't usually happen."

This basic survival of the fittest wiring goes back to the



Don't suffer in silence: Fight depression with a chat. ISTOCK

cavemen. Appearing strong and problem-free meant other males were less likely to challenge or attack. It might have worked for our ancestors, but in today's complex social environment, bottling up or ignoring troubled emotions is like adding fuel to the fire.

"There's a lot of depression that's not acknowledged and not expressed," Ross says. "Men feel ashamed of it. There's a lot of stress derived from holding it in so much, and physical health

suffers too."

Ross stresses that opening up to someone isn't the weak route, and that taking care of your mental health is paramount to a fulfilling life.

"It's old wiring that doesn't suit us in the 21st century," he says. "What is thought of as strength and what is weakness, we have it backward. Vulnerability is human and it takes courage to be open and the more open you are, the more fully alive you are."

Fork, spoon or both?



Delicious but messy to eat, so save it for the family table. ISTOCK

How to handle tricky French onion soup

What is the proper way to eat French onion soup? The cheese just seems to string on forever, so it's hard to eat like spaghetti and soup shouldn't need a fork to eat.



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Firstly, French onion soup is not an item that should be served at a formal dinner

because of the difficulty of eating it. This soup should be kept for the family dinner table. Now remember, for every rule, there is always a wrong and right way of breaking it when necessary.

I saw one successful way to serve French onion soup at formal restaurants in the '70s. A small pair of scissors would be served along with the soup so you could cut the strings of cheese.

Now, as fun as that is, it just isn't practical. I mean, who has 12 pairs of scissors standing by for dinner parties?

So back to the question. How do you eat French onion soup

without making a mess? Well, all of that cheese and bread does make for a difficult battle. I have called numerous friends in the etiquette business and asked their advice. Thankfully, there seems to be consensus.

I personally wrap the cheese around the soup spoon and then press it against the side of the bowl to "cut" the cheese. I then fill the soup spoon with liquid and bring it up to my mouth. Ideally, you should never use your fingers, but trust me, we all have! My last tip? Never order this with clients, it is truly an eat-at-home only menu item.

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Don't put off getting the career you want, start your new year off by enrolling at Digital School.

For Courtney Lucas, enrolling in Digital School got the ball rolling on her exciting new career in computer-aided design (CAD).

"I wasn't getting very far, but after taking Digital School's engineering CAD technician program I am now able to do what I wanted to do in the first place, which is CAD," says Lucas, Digital School graduate.

Lucas completed her program at the end of September and began her new career as a draftsman at National Oilwell Varco on Nov. 1. "Needless to say, going through this program was definitely worth it," Lucas says.

Lucas credits her new career success to those she meet through the school and the instructors, who are also industry-leading CAD professionals.



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"I am grateful for the help and support that the Digital School instructors and the staff, including the behind-the-scenes staff, have given me," Lucas says.

Digital School runs four new intakes per year, one every three months.

Now is the time to start your journey towards a new career in CAD as programs begin in January 2013.

Digital School also offers a number of full-time CAD programs that are less than one year in length.

CAD courses include computer-aided drafter certificate, architectural CAD diploma, and engineering CAD technician diploma with process piping specialization.

For more information about Digital School, or to speak to an admissions adviser, visit digitalschool.ca.

LEARN NEW SKILLS AT ROBERTSON COLLEGE

Robertson College is here to assist individuals to acquire new skills as well as build on those that they may have already acquired.

Robertson College in Edmonton is now offering the health-care aide program.

"This is an excellent program for those people who are looking to change careers or enhance their skills," says Violet Reid, campus director of Robertson College, Edmonton campus.

Parents who have taken time off from paid employment to raise their children often find that they need to upgrade or enhance their skills when trying to re-enter the job market.

However, they now have to juggle returning to school with the challenges of a family.

"The HCA program at Robertson College is an excellent option for them," Reid says.

"It is a short program, which allows them to acquire paid employment much sooner than taking a longer program."

The program is also scheduled in such a way that a parent should be able to attend school with very little disruption to



ISTOCKPHOTO/THINKSTOCK

the family timetable.

Anyone who is currently performing the duties of a health-care aide, but who does not have the certificate, would also benefit from taking the program.

Robertson College teaches the Alberta Provincial health-care aide curriculum, which is recognized by employers in the health-care industry.

The completion of this certificate will improve employability and expand the options that will be available to people who have already been performing the duties.

For more, visit robertsoncollege.com.

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To set up a VIP consultation, call 780-644-6480 or email continuingeducation@norquest.ca. NorQuest College is also looking forward to a "landmark" value improvement announcement on Nov. 30. For more information, visit norquest.ca.

SOCIAL WORK IMPACTS THOSE AROUND YOU

Textbooks and lectures can only teach a student so much, but it may not prepare them for the real-life situations they may encounter on the job.

Through the University of Calgary bachelor of social work (BSW) or masters of social work (MSW) programs, students will take part in practicum placements to gain hands-on experience to better prepare them for when they enter the field.

"These practicums help the students figure out what areas of social work they are interested in and shows them the impact

they have on those they help," says Peter Smyth, specialist for high-risk youth with human services.

After seeing a need for assisting high-risk youth in Edmonton, Smyth began devoting his career to helping youth achieve a better life. He also has been supervising BSW practicum students in placements for more than 15 years.

While working with Smyth, students work on case files and learn to build relationships with youth and find a way to approach each situation individually.

The University of Calgary Faculty of Social Work offers both undergraduate and graduate level education from its Edmonton location to students in central and northern Alberta. Currently, the U of C is the only social work degree-granting faculty in the province.

Applications for the fall 2013 BSW and MSW (foundation and clinical) programs are now being accepted.

For more information about the BSW and MSW at the U of C in Edmonton, visit ucalgary.ca/fswcentralandnorth/.



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For more about the Academy of Learning, visit academyoflearning.ab.ca.

LIFE-CHANGING STUDIES AT UNIVERSITY OF ALBERTA

Through the funding to provide scholarships to undergraduate nursing students, the University of Alberta has been able to provide a first-hand look at the effects of substance abuse/addictions.

These scholarships allow students to attend a substance abuse and addiction treatment centre, called Hazelden in Minnesota. For some of the recipients of these scholarships, the week-and-a-half experience was life-changing.

"It is truly a disease that's misunderstood and I find people are too quick to judge to blame the individual, which makes it harder for these clients to ask for help," says Michael Lee, U of A nursing graduate, who is currently working in the field of addictions and mental health.

For Lee, addiction is a growing problem in society and he wanted to learn first-hand the effects addiction can have on both the individual and their loved ones to better help this growing population.

U of A students who attended the professional in residence program at Hazelden got to shadow clients in their daily schedules and observe therapy sessions, health and wellness classes, along with learning



UNIVERSITY OF ALBERTA PHOTO

about detox protocols, and other methods and treatments associated with substance abuse and addictions.

For Kerri Clarkson, a second-year after degree Program student at the U of A, who attended this program in October, it was an eye-opening experience.

"This experience has made me a more rounded nurse, with the ability to help and understand more people," Clarkson says. "It has also awakened a sense of advocacy."

For more about the U of A Faculty of Nursing, visit nursing.ualberta.ca.



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Andrea Suderman

NAIT PHOTO

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"Once I took the plumber job readiness course I was confident I had something to offer a prospective employer. I got a job the very first day I handed out resumés" says Andrea Suderman, plumber apprentice, plumber job readiness program, 2011.

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Fee: \$235 Hours: 15
Nov 21 to Dec 5, 2012 | Feb 25 to Mar 11, 2013

HOLIDAY ENTERTAINING [HOS97]

Holidays are all about family, friends, and fun! Learn how to make delectable hors d'oeuvres and great holiday dishes perfect for a festive buffet table. You will also be provided with instructions on how to brine and cook a delicious holiday turkey.

Fee: \$145 Hours: 6
Nov 24, 2012

COOKING NEW ORLEANS STYLE [HOS135]

Crawfish, gumbo, sweet potato pie and jambalaya - it's starting to sound like a party! In this fun, hands-on class you will learn the tricks and secrets for producing excellent Creole and Cajun dishes.

Fee: \$125 Hours: 4
Jan 26, 2013 | Apr 13, 2013

THE ART OF SUGAR DECORATION [BAK28]

Try your hand at novelty sugar craft. This is an intense and rewarding course on the sweet development of sugar decorations.

Fee: \$230 Hours: 12
Apr 23 to 30, 2013

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WITH MACEWAN UNIVERSITY'S SPECIAL NEEDS EDUCATIONAL ASSISTANT PROGRAM

MacEwan University students come to their chosen programs each having been influenced by personal experiences. That couldn't be more true for the 38 students who graduated from the special needs educational assistant program in early November.

Suzanne Ozar discovered the special needs educational assistant program after a challenging year of home-schooling her son, Zachary.

"I realized how hard it is to motivate a child, someone who has special needs, and follow a curriculum," she says.

After she and her husband enrolled Zachary at Glenrose School for sixth grade, he was diagnosed with a special need and shown how to integrate and socialize with his classmates. With her son taken care of, Ozar found herself wondering what to do next.

"I knew I needed to get back to work and figure out how to help him in his schooling."

During her online research, she found

MacEwan University's special needs educational assistant program. Even though the program offers full-time and part-time

options, Ozar found going back to school after 20 years in the workforce was no easy task. She credits encouragement from

faculty members and her family for keeping her on track.

During her practicum, Ozar was able

to connect her home-schooling experience and her work placement to what she was learning in the program. Better still, she could relate to her students' parents because she had been on both sides of special needs education.

"I liked that I could walk the talk," she says.

Ozar works with the Alberta Association for Community Living's Campus Connections initiative at the university. She works with university students and helps them integrate socially and academically into post-secondary life. In days off, she picks up EA jobs at elementary schools.

In addition to starting on a new career path, Ozar's education has been vital to her relationship with her son. "I'm on a level playing field and can speak out about special needs confidently," she says. "I definitely chose the right program."



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WEIGH YOUR OPTIONS

Signing up for continuing education usually creates a tough balancing act between school, work and family.

Heather McCrae, associate dean of engaged learning at the University of Alberta, says post-secondary institutions are very aware that adult learners face these challenges.

"The first step in achieving balance is careful research and planning to figure out what options exist and which best align with your goals and your available resources," she says.

"From there, weigh your options, keeping in mind not to overextend yourself. It's not good for us and no good

for you if you overtax your faculties and burn out. Consider a realistic schedule that will allow for some personal and social time."

Many schools offer online courses or blend classroom and online learning so people can work on their own time. "Other courses are offered on weekends and in the evening to accommodate busy schedules," McCrae says.

If you are studying for professional development, the class will likely be designed to focus on practical applications that allow you to develop solutions to real workplace issues, lessening the disconnection between work and study.



ISTOCKPHOTO/THINKSTOCK

But don't delude yourself: Continuing education for professional purposes will require hard work and long hours. Remind yourself, your family, and your colleagues that it is a temporary strain with a long-term payoff.

Peggy Watts, the director of distance learning and continuing education at

Mount Saint Vincent University, says a flexible school schedule is important. That's why so many of her students chose online or distance learning that allows them to fit school around their other commitments, rather than fitting the rest of their life around school.

— Jon Tattrie

CFL

Lewis positive after Stampeders loss

A sombre group of Stampeders returned to Calgary on Monday, a day after a 35-22 loss to the host Toronto Argonauts in the 100th Grey Cup.

Despite the loss, veteran receiver Nik Lewis remained optimistic about a 2012 season, which saw the Stampeders overcome a slow start and knock off the defending Grey Cup champions in the West Division final.

"I felt like we did a great job this season," said Lewis. "We just came up a little short, didn't play a really good game when we needed to." **THE CANADIAN PRESS**

CFL

Grey Cup ratings soar, but fall short of national record

Television ratings for the 100th Grey Cup game between the Toronto Argonauts and the Calgary Stampeders fell short of the modern national record set in 2009, according to overnight data from BBM Canada.

An average audience of 5.8 million viewers on TSN and RDS tuned in to see the Argonauts beat the Stampeders 35-22 at home.

The average of 5.5 million viewers on TSN is the largest English audience for the game since a new ratings measurement system caused sports TV ratings to skyrocket. But the overall average falls short of the 6.1 million total viewers who watched Montreal beat Saskatchewan shortly after the new system was introduced in 2009. The numbers for that game were buoyed by a larger audience on French-language RDS.

THE CANADIAN PRESS



Newton flashes rookie form in battle of basement dwellers

Carolina Panthers quarterback Cam Newton reacts after scoring a touchdown against the Philadelphia Eagles on Monday Night Football in Philadelphia. Newton returned to his rookie form, throwing for two touchdowns and rushing for two more to lead the Panthers to a 30-22 victory over the Eagles in a matchup of teams with the worst records in the NFC. **MEL EVANS/THE ASSOCIATED PRESS**

'New approach' ahead in lockout negotiations

NHL. League, players' union agree to allow mediators into stalled CBA negotiations

The NHL and NHL Players' Association are hoping some objective voices can help bring an end to their labour dispute.

With negotiations stalled on a new collective bargaining agreement, the sides have agreed to allow U.S. federal mediators into the process — something they tried without success on a couple of occasions

prior to the cancellation of the 2004-05 season.

"While we have no particular level of expectation going into this process, we welcome a new approach in trying to reach a resolution of the ongoing labour dispute at the earliest possible date," deputy commissioner Bill Daly said Monday.

Added NHLPA executive director Donald Fehr: "We look forward to their involvement as we continue working to reach an equitable agreement for both the players and the owners."

The mediation will be non-

binding, meaning the sides will not be forced to go along with suggestions or recommendations made by Scot L. Beckenbaugh and John Sweeney. Those mediators are scheduled to meet separately with the league and union on Wednesday.

Beckenbaugh was acting director of the Federal Mediation and Conciliation Service during the NHL's last lockout and sat in on sessions at that time. One of those occurred just three days before commissioner Gary Bettman cancelled the entire season in February 2005.

THE CANADIAN PRESS

Where they stand

- The NHL and NHLPA haven't met since last week, when the union tabled a proposal that Gary Bettman quickly labelled as one that left the sides "far apart."
- They've managed to reach some common ground on a 50-50 revenue split, but are divided on the amount of additional payments the league will make to help ease the transition.

Champion Argos about more than talent



The Argonauts celebrate in the locker-room after winning the 100th Grey Cup on Sunday at Rogers Centre. **NATHAN DENETTE/THE CANADIAN PRESS**

Ricky Ray saw it coming out of training camp. These Toronto Argonauts had a special bond.

They might not have been the biggest, fastest or most heralded. But they had each other's back.

Ray, who came over from the Edmonton Eskimos in a blockbuster off-season trade, credits GM Jim Barker and rookie head coach Scott Milanovich for choosing the right pieces in assembling what was to become a Grey Cup champion squad.

"Scott and the staff and Jim coming out of training camp didn't necessarily pick the best, most talented guys," said the veteran quarterback. "They

Quoted

"There are so many guys out there who can play and don't get their opportunities ... so it's a real blessing to be here, and to have that opportunity I was given."

Grey Cup MVP running back Chad Kackert

picked guys that were going to be good teammates over some of those guys.

"That's where it's got to start, it's got to start with the locker-room and how everybody gets along and everybody

playing for each other out there. I think that's been the biggest difference for us."

Barker says he and Milanovich both believe "it's not necessarily the 46 best players, but it's the best 46 players."

"That means the 46 that can work together the best," the GM said in an interview Monday. "It was about finding the right blend of players — of veterans and rookies."

Milanovich referred to that brotherhood in his pre-game speech before Sunday's 35-22 championship win over the Calgary Stampeders.

"Find strength in your teammates when things gets tough," he said. **THE CANADIAN PRESS**

NBA				
EASTERN CONFERENCE				
	W	L	Pct	GB
Miami	10	3	.769	—
Brooklyn	9	4	.692	1
New York	9	4	.692	1
Milwaukee	7	5	.583	21/2
Atlanta	8	4	.667	11/2
Philadelphia	8	6	.571	21/2
Boston	8	6	.571	21/2
Charlotte	7	6	.538	3
Chicago	6	7	.462	4
Indiana	6	8	.429	41/2
Orlando	5	8	.385	5
Detroit	4	11	.267	7
Toronto	3	11	.214	71/2
Cleveland	3	11	.214	71/2
Washington	0	12	.000	91/2

WESTERN CONFERENCE				
	W	L	Pct	GB
Memphis	10	2	.833	—
San Antonio	12	3	.800	-1/2
Oklahoma City	11	4	.733	1/2
L.A. Clippers	8	5	.615	21/2
Golden State	8	6	.571	3
Utah	8	7	.533	31/2
Denver	8	7	.533	31/2
Dallas	7	7	.500	4
L.A. Lakers	7	7	.500	4
Houston	6	7	.462	41/2
Phoenix	6	8	.429	5
Portland	6	8	.429	5
Minnesota	5	7	.417	5
Sacramento	4	9	.308	61/2
New Orleans	3	9	.250	7

Monday's results
San Antonio 118 Washington 92
Brooklyn 96 New York 89 OT
Detroit 108 Portland 101
Oklahoma City 114 Charlotte 69
Memphis 84 Cleveland 78
Milwaukee 93 Chicago 92
Utah 105 Denver 103
New Orleans at L.A. Clippers

Sunday's results
San Antonio 111 Toronto 106 OT
New York 121 Detroit 100
Brooklyn 98 Portland 85
Philadelphia 104 Phoenix 101
Boston 116 Orlando 110 OT
Denver 102 New Orleans 84

Tuesday's games
Dallas at Philadelphia, 7 p.m.
Phoenix at Cleveland, 7 p.m.
Toronto at Houston, 8 p.m.
Minnesota at Sacramento, 10 p.m.
Indiana at L.A. Lakers, 10:30 p.m.

Wednesday's games
San Antonio at Orlando, 7 p.m.
Portland at Washington, 7 p.m.
Phoenix at Detroit, 7:30 p.m.
Brooklyn at Boston, 7:30 p.m.
Charlotte at Atlanta, 7:30 p.m.
Dallas at Chicago, 8 p.m.
Toronto at Memphis, 8 p.m.
New York at Milwaukee, 8 p.m.
Houston at Oklahoma City, 8 p.m.
Utah at New Orleans, 8 p.m.
Minnesota at L.A. Clippers, 10:30 p.m.

Thursday's games
San Antonio at Miami, 8 p.m.
Denver at Golden State, 10:30 p.m.

NBA LEADERS										
SCORING AVERAGE										
	G	FG	FT	PTS	AVG		G	FG	FT	PTS
Bryant, LAL	14	126	97	376	26.9		14	126	97	376
Durant, Okl	14	119	111	371	26.5		14	119	111	371
Anthony, NYK	12	110	61	307	25.6		12	110	61	307
Harden, Hou	13	98	107	327	25.2		13	98	107	327
James, Mia	13	129	51	327	25.2		13	129	51	327
Irving, Cle	10	82	47	229	22.9		10	82	47	229
Westbrook, Okl	14	110	64	305	21.8		14	110	64	305
Mayo, Dal	14	103	53	301	21.5		14	103	53	301
Bosh, Mia	13	94	73	263	20.2		13	94	73	263
Gay, Mem	11	84	40	221	20.1		11	84	40	221
Pierce, Bos	14	89	75	281	20.1		14	89	75	281
Ellis, Mil	11	85	40	219	19.9		11	85	40	219
Aldridge, Por	12	95	46	236	19.7		12	95	46	236
Lillard, Por	13	90	42	255	19.6		13	90	42	255
Lopez, Bro	12	98	32	228	19.0		12	98	32	228
Duncan, SA	14	104	57	266	19.0		14	104	57	266
DeRozan, Tor	14	95	60	262	18.7		14	95	60	262
Batum, Por	13	85	38	242	18.6		13	85	38	242
Crawford, LAC	13	79	57	242	18.6		13	79	57	242
Holiday, Phi	14	100	41	260	18.6		14	100	41	260
Curry, GoS	14	87	50	257	18.4		14	87	50	257
Walker, Cha	12	79	51	216	18.0		12	79	51	216
Howard, LAL	14	90	72	252	18.0		14	90	72	252
Deng, Chi	12	82	40	214	17.8		12	82	40	214
Anderson, NO	12	82	8	213	17.8		12	82	8	213
Griffin, LAC	13	93	45	231	17.8		13	93	45	231
Parker, SA	13	98	28	230	17.7		13	98	28	230
Bargnani, Tor	14	91	43	247	17.6		14	91	43	247
Matthews, Por	13	82	32	227	17.5		13	82	32	227
Jennings, Mil	11	76	23	192	17.5		11	76	23	192
Sessions, Chi	12	66	67	206	17.2		12	66	67	206
Williams, Bro	12	65	53	201	16.8		12	65	53	201
Monroe, Det	14	92	51	235	16.8		14	92	51	235
Randolph, Mem	11	72	40	184	16.7		11	72	40	184
West, Ind	14	93	46	232	16.6		14	93	46	232
Lee, GoS	14	97	36	230	16.4		14	97	36	230
Dragic, Pho	14	77	47	224	16.0		14	77	47	224
Martin, Okl	14	64	61	223	15.9		14	64	61	223
Garnett, Bos	14	88	46	222	15.9		14	88	46	222
Horford, Atl	11	79	17	175	15.9		11	79	17	175
Johnson, Bro	12	70	28	189	15.8		12	70	28	189

SOCCER				
MLS CUP				
Saturday, Dec. 1 — All Times Eastern				
Houston vs. Los Angeles, 4:30 p.m.				

GREECE				
ETHNIKI ALPHA				
Yesterday's result				
Panthrakikos 4 Aries 0				

ITALY				
SERIE A				
Yesterday's results				
Cagliari 0 Napoli 1				
Parma 1 Inter Milan 0				

PORTUGAL				
LIGA				
Yesterday's result				
Moreirense 2 Sporting CP 2				

SPAIN				
PRIMERA				
Yesterday's result				
Zaragoza 0 Celta Vigo 1				

CFL				
100TH GREY CUP				
AT TORONTO				
Sunday's result				
Toronto 35, Calgary 22				
LATE SUNDAY				
ARGONAUTS 35, STAMPEDETS 22				
First Quarter				
Tor — TD Owens 5 pass from Ray (Waters convert) 8:03				
Cal — FG Paredes 30 11:11				
Second Quarter				
Tor — TD Horne 25 interception return (Waters convert) 0:43				
Tor — FG Waters 16 5:56				
Cal — FG Paredes 18 12:29				
Tor — TD Inman 1 pass from J.Jackson (Waters convert) 14:40				
Third Quarter				
Cal — FG Paredes 27 8:52				
Tor — FG Waters 20 12:19				
Cal — Safety Prefontaine concedes 15:00				
Fourth Quarter				
Cal — FG Paredes 19 5:14				
Tor — TD Durie 7 pass from Ray (Waters convert) 9:38				
Tor — Single Prefontaine 55 13:32				
Cal — TD Price 12 pass from Mitchell (Price pass 5 from Mitchell for two-point convert) 14:40				
Calgary 3 3 5 11 — 22				
Toronto 7 17 3 8 — 35				
Attendance — 53,208 at Toronto.				
TEAM STATISTICS				
Cal	Cal	Tor	Tor	
First downs	17	21		
Yards rushing	53	128		
Yards passing	302	232		
Total offense	355	360		
Team losses	9	14		
Net offense	346	346		
Passes made-tried	20-36	19-31		
Total return yards	244	114		
Interceptions-yards by	1-7	1-25		
Fumbles-lost	1-1	1-0		
Sacks by	1	2		
Punts-average	6-46.5	7-44.6		
Penalties-yards	11-99	5-102		
Time of possession	29:13	30:47		
Net offense is yards passing plus yards rushing minus team losses such as yards lost on broken plays.				
INDIVIDUAL STATISTICS				
Rushing N Cal: Cornish 15-57, Taylor 1-4, Walter 1-0, Bryant 1-minus-8; Tor: Kackert 20-133, Durie 1-minus-5.				
Receiving N Cal: Lewis 6-100, McDaniel 4-53, Taylor 1-42, Bryant 2-31, Walter 1-22, Price 2-17, Cornish 1-16, Arthur 1-13, Cote 1-9, Mitchell 1-minus-1; Durie: Barnes 3-82, Kackert 8-62, Inman 3-43, Durie 3-31, Owens 2-14.				
Passing N Cal: Glenn 14-27, 222 yards, 0 TDs, 1 int, Mitchell 6-9-80-14; Tor: Ray 18-30-231-2-1, J.Jackson 1-1-1-0.				
GREY CUP MVP				
2012 — MVP: Chad Kackert, RB, Toronto; Canadian MVP: Ricky Foley, DE, Toronto.				
2011 — MVP: Travis Lulay, QB, B.C.; Canadian MVP: Andrew Harris, RB, B.C.				
2010 — MVP: Jamel Richardson, WR, Montreal; Canadian MVP: Keith Shologan, DT, Saskatchewan.				
2009 — MVP: Avon Cobourne, RB, Montreal; Canadian MVP: Ben Cahoon, SB, Montreal.				
2008 — MVP: Henry Burris, QB, Calgary; Canadian MVP: Sandro DeAngelis, K, Calgary.				
2007 — MVP: James Johnson, CB, Saskatchewan; Canadian MVP: Andy Fantuz, SB, Saskatchewan.				

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Manchester	18	9	6	2	1	49	43	21
Worcester	18	9	7	1	1	50	56	20
St. John's	19	9	9	0	1	46	53	19
Portland	18	8	8	1	1	57	61	18
Providence	16	7	8	0	1	33	48	15

NORTHEAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	17	10	3	1	3	59	36	24
Bridgeport	17	10	7	0	0	56	57	20
Connecticut	17	9	7	1	0	58	57	19
Adirondack	17	9	8	0	0	44	47	18
Albany	16	4	7	0	5	37	49	13

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Syracuse	17	12	3	1	1	65	42	26
Binghamton	16	10	4	1	1	45	38	22
W-B/Scranton	18	11	7	0	0	48	40	22
Hershey	18	7	10	1	0	44	53	15
Norfolk	17	7	10	0	0	48	58	14

WESTERN CONFERENCE								
NORTH DIVISION								
	GP	W	L	OTL	SOL	GF	GA	Pt
Abbotsford	18	12	2	2	2	51	32	28
Lake Erie	19	10	7	1	1	60	57	22
Rochester	16	9	6	1	0	58	48	19
Toronto	18	9	8	0	1	58	52	19
Hamilton	16	6	8	1	1	34	52	14
MIDWEST DIVISION								
	GP	W	L	OTL	SOL	GF	GA	Pt
Grand Rapids	17	10	5	1	1	62	53	22
Chicago	17	8	6	2	1	49	54	19
Rockford	18	9	8	0	1	56	57	19
Milwaukee	18	8	8	1	1	51	56	18
Peoria	18	6	9	2	1	43	66	15
SOUTH								
	GP	W	L	OTL	SOL	GF	GA	Pt
Charlotte	19	12	5	0	2	67	52	26
Oklahoma City	18	11	5	1	1	62	53	24
Houston	18	9	6	1	2	61	55	21
Texas	16	7	7	1	1	37	47	16
San Antonio	17	4	10	0	3	39	55	11
Note: Two points awarded for a win, one for an overtime or shootout loss.								

Horoscopes

Aries

March 21 - April 20
Mars united with Pluto today means you are intensely ambitious. It also means you don't need other people. You can do it on your own. Identify your goal, and go out and get it. Who is going to stop you?

Taurus

April 21 - May 21
You are a law unto yourself at the moment. You believe you can get away with anything. However, just because you are able to break the rules does not mean you have to. Is there another way?

Gemini

May 22 - June 21
There is a danger that you will let slip information it might have been wiser to keep to yourself. However, once it is common knowledge, there is no point trying to deny it. Face up to the truth — and potential embarrassment.

Cancer

June 22 - July 23
One-to-one relationships are under heavy stars at the moment, so be careful how you speak to partners and loved ones. Above all, don't let minor disputes become major feuds. Control your emotions, whatever the provocation.

Leo

July 24 - Aug. 23
Your workload is likely to increase dramatically today and if your social life is busy too, you could suffer health-wise. Clearly, you need to cut back on what you do, if only in the short term. Give that party a miss.

Virgo

Aug. 24 - Sept. 23
You seem to be a lot more assertive and ambitious of late and that's good. Others will be mightily impressed by what you manage to accomplish but don't do it just for the applause — do it because it matters.

Libra

Sept. 24 - Oct. 23
Just because others get emotional about silly things, does not mean you have to do the same. If certain people get on your nerves, remove yourself from their presence — at least for a while.

Scorpio

Oct. 24 - Nov. 22
You will be on the move more than usual today and with Mars, planet of action, linked to your ruler, Pluto, you will accomplish a great deal. Just don't expect others to keep up with your frenetic pace. You'll exhaust them.

Sagittarius

Nov. 23 - Dec. 21
Not even a Sagittarius can have everything their way so accept that what is happening now, while not to your liking, is something you have to put up with. Can you turn it to your advantage financially? Yes.

Capricorn

Dec. 22 - Jan. 20
With both Mars and Pluto moving through your sign, you will be a winner now and for the remainder of the year. Focus your energy in a single direction and expect to be a huge success. What you expect, you will get.

Aquarius

Jan. 21 - Feb. 19
Cosmic activity in the most sensitive area of your chart means you will be happier on your own today. You have lots to think about and you can't do that with everyone chattering around you.

Pisces

Feb. 20 - March 20
Try not to be too aggressive in your opinions today. You are entitled to your viewpoint and you are entitled to express it, but the more you talk the less you will learn. No, you don't know it all. **SALLY BROMPTON**

Crossword

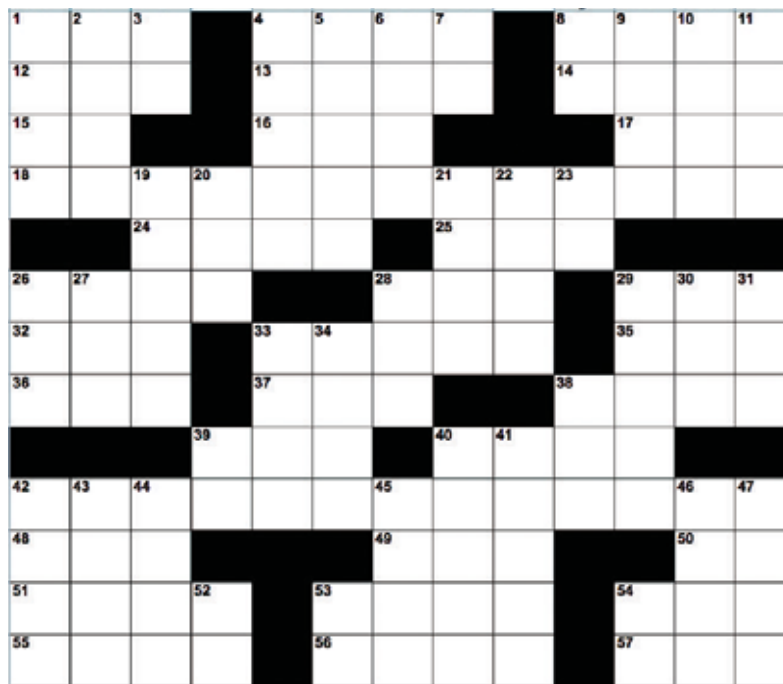
Across

- Tennis serve
- Wash
- Land measure
- Eggs
- Greek God of Love
- Someone who gets things done
- Egg choice (abbr.)
- Thing, in the courtroom
- : Crime Scene Investigation
- Put off until tomorrow
- Puts down
- Dora the Explorer iguana
- Cheryl or Alan
- Building extension
- Eggs partner
- Onassis nickname
- Large wooden box
- Schnoz ending
- Sault — Marie
- Soak
- Amazed
- Canadian Automobile Association (abbr.)
- East Indian dress
- Escort
- Poor grade
- Form of address
- Shoe width
- The younger Guthrie
- Clothes label seen often: — in Canada
- and the City
- Thaw
- Mimicked
- Pesticide

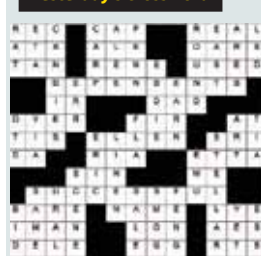
Down

- Wind around
- "Somewhere — the Rainbow"
- University deg.
- Small fruit
- Sites
- Throw the ball
- Grades 9-12 (abbr.)
- Commercial
- Actress Imogene —
- Take a break
- A great lake
- but goodie
- Rascal
- Lean to one side
- Survivor location, sometimes
- Sha — Na
- Nevada city — Vegas
- Carney of The Honeymooners
- Have a meal
- Comedian Mandel
- Lager
- Men
- Study hard for a test
- Gather
- Upper appendage
- Denver state
- Mean
- Hung out to dry
- Sandler or Levine
- Membrane
- Prison room
- Anon
- Has to have
- Send a phone message
- Bible pt.
- Mate for Pa
- Neighbour of ND

BY BETTY MARTIN



Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

5	3	9	7	6	1	2	4	8
6	7	2	8	9	4	1	3	5
8	4	1	3	5	2	6	7	9
7	1	5	6	4	3	8	9	2
4	6	3	2	8	9	7	5	1
2	9	8	5	1	7	4	6	3
1	2	6	4	3	5	9	8	7
3	8	7	9	2	8	5	1	4
9	5	4	1	7	6	3	2	6

5			6					8
	6			3	7	1		
	3		7	4				
	1					6		
7		4				2		3
		9					4	
				3	9		2	
	5	8	4				3	
1				2				5

Weather

TODAY



MAX: -4°
MIN: -14°

WEDNESDAY

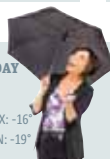


MAX: -16°
MIN: -17°

THURSDAY



MAX: -16°
MIN: -19°



MICHELE MCDUGALL
WEATHER SPECIALIST

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